

Managing Diabetes 2007:

Medical and Lifestyle Approaches to Management

Friday and Saturday, November 16-17, 2007

*Kingsmill Resort and Conference Center
Williamsburg, Virginia*



Photo courtesy of The Colonial Williamsburg Foundation, Williamsburg, VA.
The UVa Office of Continuing Medical Education is not affiliated with The Colonial Williamsburg Foundation.

THE DIVISION OF
ENDOCRINOLOGY AND
METABOLISM WAS
RECENTLY RANKED #8
IN THE NATION BY US
NEWS & WORLD
REPORT!

*Presented by
The University of Virginia
Division of Endocrinology and Metabolism
The Virginia Center for Diabetes Professional Education*

Sponsored by the Office of Continuing Medical Education
University of Virginia School of Medicine

Who Should Attend

Primary care providers face many challenges in treating patients with diabetes. On the lifestyle side, skyrocketing rates of obesity, metabolic syndrome, and diabetes make it imperative for providers to arm themselves with the latest information on how to assist people in adopting healthier patterns of eating, physical activity, and sleeping, an often-overlooked topic. The program on Friday offers an excellent overview of these issues in lecture and workshop formats as well as a personal presentation by a professional athlete with diabetes. Medical treatment is becoming increasingly complex, with a growing array of oral agents and insulins that create the potential for sophisticated and highly individualized management strategies. Controversies continue to emerge regarding the safety of some medications as they move from safety trials to broader use in the patient population. Current concerns about glitazones will be explored on Saturday along with approaches to avoiding the hypoglycemia associated with tighter control. In addition, Saturday's program will include a major overview of treatment strategies for the difficult problem of neuropathy. These two days of exciting educational activities will be of interest to physicians and other healthcare professionals who provide primary care to patients with diabetes, prediabetes, metabolic syndrome, and obesity.

What You Will Learn

At the completion of the Day 1 - Lifestyle Management Meeting, the participant should be able to:

- Understand the pathophysiology of obesity and the efficacy of various treatment options.
- Describe common sleep disturbances and the recommendations regarding treatment.
- Discuss the benefits and recommendations for exercise in type 2 diabetes.
- Describe the steps of the lifestyle change counseling process.

At the completion of the Day 2 - Medical Management Meeting, the participant should be able to:

- Understand proper diagnosis, including differential diagnosis, of diabetes neuropathy.
- Outline several effective treatment strategies for painful diabetes neuropathy.
- Describe the natural history of beta cell function in type 2 diabetes.
- State two possible reasons why beta cells may fail.
- Describe why there is increased controversy over the safety of rosiglitazone (a TZD).
- Identify limitations to our knowledge of the side effects of TZD's.

Direct Sponsorship Accreditation and Designation Statement

The University of Virginia School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The University of Virginia School of Medicine designates this educational activity for a maximum of **12.5 AMA PRA Category 1 Credits**.™ Physicians should only claim credit commensurate with the extent of their participation in the activity.

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Continuing Education Credit

The University of Virginia School of Medicine awards 0.1 CEU per contact hour to each non-physician participant who successfully completes this educational activity. The CEU (Continuing Education Unit) is a nationally recognized unit of measure for continuing education and training activities that meet specific educational planning requirements. The University of Virginia School of Medicine maintains a permanent record of participants who have been awarded CEUs.

MANAGING DIABETES 2007: FACULTY LIST

Guest Faculty

Richard L. Atkinson, MD
Clinical Professor of Pathology
Virginia Commonwealth University School of Medicine, Richmond, Virginia

Jack L. Leahy, MD
Professor of Medicine, Chief, Division of Endocrinology, Diabetes and Metabolism
University of Vermont, Burlington, Vermont

Phil Southerland
Manager Team Type 1 Diabetes
Atlanta, Georgia

Aaron I. Vinik, MD, PhD, FACE, MBChB
Professor of Internal Medicine, Anatomy and Neurobiology
Research Director of the Leonard Strelitz Diabetes Research Institute
Eastern Virginia Medical School, Norfolk, Virginia

Christopher C. Winter, MD
Medical Director, Martha Jefferson Sleep Medicine Center, Charlottesville, Virginia

University of Virginia Faculty

Susan Blank, MD
Fellow, Division of Endocrinology and Metabolism

Zachary Bush, MD
Fellow, Division of Endocrinology and Metabolism

Carmella Evans-Molina, MD
Clinical Instructor, Division of Endocrinology and Metabolism

Glen A. Gaesser, PhD
Professor and Director, Kinesiology Program

Joyce Green Pastors, MS, RD, CDE
Assistant Professor of Medical Education in Internal Medicine
Division of Endocrinology and Metabolism

David Lieb, MD
Fellow, Division of Endocrinology and Metabolism

Zhenqi Liu, MD
Assistant Professor of Internal Medicine, Division of Endocrinology and Metabolism

Anthony L. McCall, MD, PhD, FACP
James M. Moss Professor in Diabetes and Course Director, Division of Endocrinology and Metabolism

Jerry L. Nadler, MD, FAHA
Kenneth R. Crispell Professor of Internal Medicine
Chief, Division of Endocrinology and Metabolism

J. Terry Saunders, PhD
Assistant Professor of Medical Education in Internal Medicine
Division of Endocrinology and Metabolism

Lodging Information

A block of rooms has been reserved at Kingsmill Resort and Conference Center, 1010 Kingsmill Road, Williamsburg, Virginia for this program. Please ask for the "University of Virginia Managing Diabetes 2007" block of rooms. NOTE: this block is available only until October 16, 2007.

Rate:	\$179/night plus taxes
Phone:	800-832-5665
Fax:	757-253-8237

LIFESTYLE MANAGEMENT - PROGRAM AGENDA
November 16, 2007

- 9:00 – 9:15 a.m. Registration and continental breakfast
- 9:15 – 9:30 a.m. Introduction and welcome
Anthony McCall, MD, PhD, FACP
- 9:30 – 10:15 a.m. **Obesity Treatment – Where are We?**
Richard Atkinson, MD
- 10:15 – 10:45 a.m. **Exercise in Type 2 Diabetes**
Glen Gaesser, PhD
- 10:45 – 11:00 a.m. Break and exhibits
- 11:00 – 11:30 a.m. **Sleep Disturbances in Diabetes and Lifestyle**
Christopher Winter, MD
- 11:30 – 12:00 a.m. **Reflections of a Patient Athlete on Type 1 Diabetes and Exercise**
Phil Southerland – Team Type 1 Diabetes
- 12:00 – 1:00 p.m. Lunch (provided) and exhibits
- 1:00 – 5:00 p.m. **Workshop - Beyond Giving Advice: Lifestyle Counseling in Obesity and Diabetes Care**
Anthony McCall, MD, PhD, FACP, J. Terry Saunders, PhD, and Joyce Green Pastors, RD, MS, CDE
- **An Endocrinologist Looks at the Problem of Obesity in Type 2 Diabetes**
Anthony McCall, MD, PhD, FACP
 - **What Works – A Review of the Diabetes Prevention Program and Other Promising Studies**
J. Terry Saunders, PhD, and Joyce Green Pastors, RD, MS, CDE
 - **The Challenges of Implementation**
UVA Faculty/Participant Group Discussion
 - Break and exhibits
 - **Video Case Study:**
 - **Process of Lifestyle Change**
 - **Assessment**
 - **Behavioral Objectives**
 - **Evaluation and Follow-up**
UVA Faculty
- 5:00 pm Adjourn

MEDICAL MANAGEMENT - PROGRAM AGENDA
NOVEMBER 17, 2007

- 8:00 – 8:15 a.m. Registration and continental breakfast
- 8:15 – 8:30 a.m. Introduction and welcome
Anthony McCall, MD, PhD, FACP
- 8:30 – 9:15 a.m. **Diabetes Neuropathy: Can we do more than just diagnose and commiserate?**
Aaron Vinik, MD, PhD, FACE, MBCbB
- 9:15 – 9:45 a.m. **Glitazones: Current Controversies**
Jerry Nadler, MD, FAHA
- 9:45 – 10:00 a.m. Break and exhibits
- 10:00 – 11:00 a.m. **Case-Based Workshops (choose one):**
Complications
Aaron Vinik, MD, PhD, FACE, MBCbB and Susan Blank, MD
Oral Agent Therapy in Diabetes
Zhenqi Liu, MD and Carmella Evans-Molina, MD
- 11:00 – 12:00 a.m. **Case-Based Workshops (choose one):**
Complications
Aaron Vinik, MD, PhD, FACE, MBCbB and Susan Blank, MD
Oral Agent Therapy in Diabetes
Zhenqi Liu, MD and Carmella Evans-Molina, MD
- 12:00 – 1:00 p.m. Lunch (provided) and exhibits
- 1:00 – 1:30 p.m. **Using Therapies that Minimize Hypoglycemia Risk to Allow Exercise**
Anthony McCall, MD, PhD, FACP
- 1:30 – 2:30 p.m. **Case-Based Workshops (choose one):**
Hypoglycemia
Anthony McCall, MD, PhD, FACP and Zachary Bush, MD
Insulin Therapies
Jack Leaby, MD and David Lieb, MD
- 2:30 – 2:45 p.m. Break and exhibits
- 2:45 – 3:45 p.m. **Case-Based Workshops (choose one):**
Hypoglycemia
Anthony McCall, MD, PhD, FACP and Zachary Bush, MD
Insulin Therapies
Jack Leaby, MD and David Lieb, MD
- 3:45 – 4:00 p.m. Break and exhibits
- 4:00 – 4:45 p.m. **Failing Beta Cell in Type 2 Diabetes – What is Wrong and What Can We Do About It?**
Jack Leaby, MD
- 4:45 – 5:00 p.m. Q & A, Conclusions, and Evaluation
- 5:00 – 6:00 p.m. RECEPTION

Confirmation & Cancellation Policy

Upon receipt of registration and payment, you will receive an email confirmation. If payment is not received 14 days prior to this activity, space will not be reserved. We recommend that you secure payment with your own credit card, then seek reimbursement from your employer (where appropriate).

Registration fees will be refunded (less a \$50 administrative fee) for cancellations received in writing a minimum of 14 days prior to the activity date. No refunds will be granted for registration fees of less than \$50 or for cancellations made within 13 days of the activity.

The University of Virginia School of Medicine reserves the right to cancel CME activities if necessary. In this case, reimbursement of registration fees will not assess the \$50 administrative fee. All other expenses incurred associated with this CME activity are the sole responsibility of the participant.

Special Needs

The Americans with Disabilities Act of 1990 requires that all individuals, regardless of their disabilities, have equal access. The Office of Continuing Medical Education at the University of Virginia School of Medicine is pleased to assist participants with special needs. Written requests must be received 30 days prior to the conference date. These should be mailed to UVA Office of Continuing Medical Education, Box 800711, Charlottesville, VA 22908 or to uvacme@virginia.edu.

Questions?

Please contact John A. Owen in the Office of Continuing Medical Education with any questions regarding this activity (phone: 434-924-5318; e-mail: jao2b@virginia.edu).

Disclosure of Faculty Financial Affiliations

The University of Virginia School of Medicine, as an ACCME accredited provider, endorses and strives to comply with the Accreditation Council for Continuing Medical Education (ACCME) Standards of Commercial Support, Commonwealth of Virginia statutes, University of Virginia policies and procedures, and associated federal and private regulations and guidelines on the need for disclosure and monitoring of proprietary and financial interests that may affect the scientific integrity and balance of content delivered in continuing medical education activities under our auspices.

The University of Virginia School of Medicine requires that all CME activities accredited through this institution be developed independently and be scientifically rigorous, balanced and objective in the presentation/discussion of its content, theories and practices.

All speakers participating in an accredited CME activity are expected to disclose to the readers relevant financial relationships with commercial entities occurring within the past 12 months (such as grants or research support, employee, consultant, stock holder, member of speakers bureau, etc.). The University of Virginia School of Medicine will employ appropriate mechanisms to resolve potential conflicts of interest to maintain the standards of fair and balanced education to the participant. Questions about specific strategies can be directed to the Office of Continuing Medical Education, University of Virginia School of Medicine, Charlottesville, Virginia.

The faculty and staff of the University of Virginia Office of Continuing Medical Education have no financial affiliations to disclose.

Disclosure of Discussion of Non-FDA Approved Uses for Pharmaceutical Products and/or Medical Devices

The University of Virginia School of Medicine, as an ACCME provider, requires that all faculty presenters identify and disclose any off-label uses for pharmaceutical and medical device products. The University of Virginia School of Medicine recommends that each physician fully review all the available data on new products or procedures prior to instituting them with patients.

Attendance and Certificate Distribution

The University of Virginia Office of Continuing Medical Education requires that all participants at live CME activities sign attendance sheets daily to confirm participation in the CME activity for that day. Certificates of attendance, designating the maximum number of hours of participation, are distributed to each participant at the CME activity. Participants are responsible for accurately tracking their actual participation at live events.

REGISTRATION FORM

Managing Diabetes 2007

Friday and Saturday, November 16 - 17, 2007
Kingsmill Resort and Conference Center, Williamsburg, VA

Please PRINT legibly to ensure accuracy.

*** Please visit our website at www.cmevillage.com to see if On-line registration is available for this conference ***

**Pre-registration for this conference will close two business days
(three days for online registrations) prior to the conference date.**

Mr. Mrs. Ms. Dr.

First Name: _____ M.I.: ____ Last Name: _____

Credentials: (MD, PhD, RN, etc.): _____ Specialty: _____

Affiliation/Business./Organization: _____

Primary Address: This is: home work

Street: _____

City: _____ State/Providence: _____ Zip: _____

Country: _____ Phone: _____ Fax: _____

Email: _____

Please print clearly for successful email delivery of your confirmation letter.

Are you an employee of the University of Virginia? Yes No

Are you a resident physician? Yes No Are you a fellow? Yes No

Do you require special assistance because of a disability, or have any dietary restrictions? If so, please describe:

Birth date (required for tracking CME credits/CEU): MM / DD / YYYY

REGISTRATION FEES

Managing Diabetes

Physicians \$275.00

Other healthcare professionals \$225.00

One Day Only

All participants \$150.00

I will be attending the reception I will not be attending the reception

Payment is required with registration. An exception is made for institutional checks; however, these must be received at least 14 days prior to the scheduled CME activity. *If payment is not received by the deadline, you will NOT be registered for the conference.* You will receive written confirmation (by email) upon receipt of your payment.

Payment Options

Check or money order made payable to "UVA-CME."

Please indicate the name of the conference on your check.

Charge payment to:

Visa MasterCard American Express Discover

Your credit card number: _____ - _____ - _____ - _____ Expiration date MM / YY

Send Registrations to:

Bebe Moore, Registrar, **Managing Diabetes 2007**
Office of Continuing Medical Education, P.O. Box 800711
University of Virginia School of Medicine, McKim Hall Charlottesville, VA 22908
Tel: (434) 924-5310, Fax: (434) 243-6393 MIRS Tel: 1-800-552-3723